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# LIVE FEEL *Longer Younger*

By Linda Margison



A GUIDE TO NAVIGATING LOCAL HEALTH CARE, WELLNESS, AND BEAUTY SOLUTIONS.



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## Correcting Hormonal Imbalances

As a practicing gynecologist for 40 years, Dr. Clark Brittain has seen people struggle with hormonal imbalances that deeply impacted their health and intimate wellness. Wanting to help men and women fill the intimate void in their lives, he opened Vibrant Life 13 years ago and offers therapies for vaginal dryness, sexual sensation, orgasmic dysfunction, Peyronie's disease—a penile bend that can cause pain and erectile dysfunction—and other issues.

"Establishing adequate hormone therapy isn't always enough to take care of the intimate wellness people seek," Dr. Brittain says. "Good sexual health helps relationships, it helps the immune mechanism, lowers blood pressure, improves self-esteem, and improves sleep."

Heather Lindsey, a nurse who has been with Dr. Brittain since he opened the practice, believes strongly in their work. "We are changing lives, we are saving marriages, and sometimes we are saving lives," she says, explaining how sometimes people want to give up on life. "It's fun to be able to make a difference in people's lives and their marriages and how they feel every day."

Dr. Brittain explains how one patient had not had an orgasm for almost 12 years, but he was able to get her hormonally balanced and happy. "The next time she came in, she had a big smile," he says. "She was sexually active and satisfied for the first time in 12 years. When our patients rediscover their hormone balance and sexual identity, they look good, they're smiling, and their partners are smiling." For information, visit [drbrittain.com](http://drbrittain.com).



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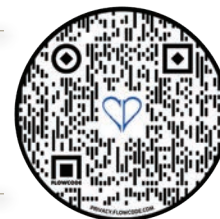
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## A Senior Community for Living Better, Longer

For senior citizens, all-inclusive communities like Bell Trace provide amenities and social interaction to ensure residents maintain a high quality of life. By providing opportunities to stay engaged and productive, seniors can remain connected, healthy, and secure in their lives, according to Barbara Carroll, Bell Trace director of residential marketing.

“Older adults who report the highest levels of well-being and happiness are those who socialize, work or volunteer, and exercise,” says Carroll. “Having healthy social relationships is a predictor of longevity and is associated with reduced rates of depression and better cognitive health. Bell Trace offers a robust array of events, activities, and special interest groups that make it easy for residents to build relationships with their neighbors.”

Carroll adds that studies show older adults who are physically active have lower rates of coronary heart disease, high blood pressure, stroke, and some cancers, as well as higher levels of functional and cognitive health.

“Active independent living communities that offer assisted living and skilled nursing give seniors the sense of security that a higher level of care is available if it is needed,” says Carroll. “Older adults can focus on living their best every day without being concerned about a health event turning their world upside down.”

Senior living communities create opportunities to engage with others in activities that are built into everyday life in one location. Bell Trace adds regular nutritious meals, access to medical care, and amenities that relieve the burdens of homeownership. “It’s easy to see why more seniors have



Bell Trace residents share a meal together. *Courtesy photo*

decided this as a great way to enjoy the good life and strengthen their longevity,” Carroll explains.

She adds that senior adults live better and longer when they stay connected, explaining that researchers at the University of Chicago’s Center for Cognitive and Social Neuroscience have found social isolation puts them at risk for anxiety, depression, high blood pressure, and obesity, while increasing chances of Alzheimer’s disease. Bell Trace offers an outlet for lifelong learning, hobbies, and activities, including arts and crafts, fitness, exercise classes, bingo, garden club, writing group, fiber arts, and seminars.

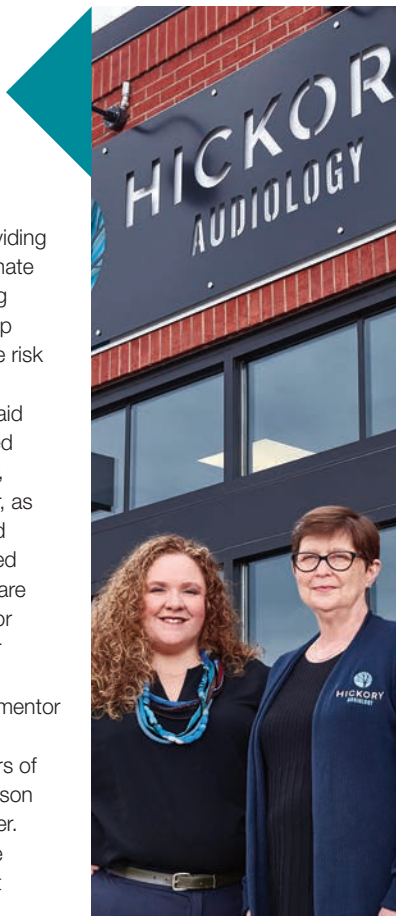
“We can provide opportunities for senior adults to socialize and explore interests and hobbies, while taking away the burdens and worries of home chores,” Carroll adds. “Residents can relax and enjoy the retirement they’ve earned.” For more information, visit [cardon.us/communities/bell-trace](http://cardon.us/communities/bell-trace).

## Focusing on Hearing Health

Bringing 50 years of experience to Hickory Audiology, Dr. Elizabeth Thompson, Au.D., and Dr. Lisa Goerner, Au.D., are focused on providing the best hearing health to Bloomington residents. "I'm really passionate about getting word out into the community on how essential hearing health is for healthy aging," Thompson says. "The more we can keep your ears active, healthy, and engaged, the more we can reduce the risk of dementia."

Thompson has been both a clinician and a key player in hearing aid manufacturing and development. She understands and is committed to making hearing health affordable to all patients. That includes fair, transparent pricing so patients know exactly what they're paying for, as well as accepting insurance and helping patients navigate costs and benefits. "We unbundle our pricing so patients can make an informed decision and determine how we proceed with their hearing health care and solutions," she says. "Regardless of where patients are going for hearing health care, they need to make sure they exhaust all of their insurance benefits."

When Thompson decided to open the practice, she wanted her mentor and local clinical educator, Lisa Goerner, involved. "Dr. Goerner has shaped the path of hearing care for countless patients over her years of clinical experience, including 15 years at Indiana University," Thompson says. "Our motto is 'We listen, you hear,' and that embodies Goerner. She focuses on understanding what the patient needs and what we can do to help them live their best hearing life." For information, visit [hickoryaudiology.com](http://hickoryaudiology.com) or call 812-668-2056.



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## Affordable Assisted Living

Having welcomed its first residents in 2018, Evergreen Village at Bloomington offers affordable options for all-inclusive assisted living. The three-story, 115-apartment community for people age 62 and older serves up to 183 seniors, providing food, utilities, nursing care, and shuttle services to doctors' appointments, activities, and community outings for one price, either privately paid or through Medicaid's assisted living waiver.

"The affordable financial piece is something that hasn't been in the Bloomington market, so seniors had to stay home or with family members or bring services into their apartment," says administrator Josh Dodds. "That works for some people, but there's a point when it doesn't anymore. We don't charge people for needing something a little extra one or two times a month. It's the same rate regardless of how many times you push your call light."

Residents at Evergreen Village live in private apartments with a kitchenette, spacious bathroom, and emergency alert system. They have access to around-the-clock personal assistance and help with medications from the certified nursing staff, as well as housekeeping, laundry, restaurant-style dining, barber and beauty shops, and social and recreational activities. They can also be part of the community's decision-making process by participating on the resident and food councils. "This allows people to continue to have more control over their lives," Dodds says. "We offer the security of knowing someone is available, but also give residents the independence to do as they please and come and go as they please." For more information or to schedule a tour, call Lisa Payton at 812-336-2718.

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